



State of New Hampshire Employee Wellness News

**October
2011**

National Breast Cancer Awareness

The National Breast Cancer Awareness Month (NBCAM) organization is a partnership of national public service organizations, professional medical associations, and government agencies working together to promote breast cancer awareness, share information on the disease, and provide greater access to screening services.

Since its inception over a quarter century ago, NBCAM has been at the forefront of promoting awareness of breast cancer issues and has evolved along with the national dialogue on breast cancer. Today, NBCAM recognizes that although many great strides have been made in breast cancer awareness and treatment, there remains much to be accomplished. NBCAM is dedicated to educating and empowering women to take charge of their own breast health by practicing regular self-breast exams to identify any changes, scheduling regular visits and annual mammograms with their healthcare provider, adhering to prescribed treatment, and knowing the facts about recurrence.

While October is recognized as National Breast Cancer Awareness Month, the www.NBCAM.org website is a year-round resource for breast cancer patients, survivors, caregivers, and the general public. Below are some more frequently asked questions and answers from the NBCAM website:

Q: What is breast cancer?

A: Breast cancer is cancer that forms in tissues of the breast, usually the ducts (tubes that carry milk to the nipple) and lobules (glands that make milk). It occurs in both men and women, although male breast cancer is rare.

Q: How common is breast cancer in the United States?

A: Breast cancer is the most common cancer in women, aside from skin cancer.

Q: What are the breast cancer "risk factors?"

A: To predict when and in whom breast cancer will occur, scientists must often think like detectives, looking for clues to signal which women may be more likely than others to develop the disease. These clues are called "risk factors." To identify risk factors, scientists continually examine various trends and patterns among women worldwide who are diagnosed with the disease. **CONTINUED ON PAGE 6...**

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We're on the web!
Visit
[Admin.state.nh.us/
wellness](http://Admin.state.nh.us/wellness)



National Health Observances

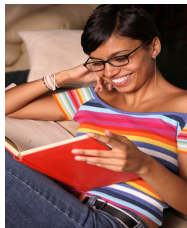
Breast Cancer Awareness














Child Health



Mental Illness



October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
2 	3	4	5	6 	7	8 
9 	10	11	12	13 	14	15 
16 	17	18	19	20	21	22 
23 	24	25	26	27	28	29 
30	31					



The sneakers on the calendar represent walking/running events posted on

coolrunning.com

For other local events, check out

visithn.gov

healnh.org

Wellness Coordinator Corner

SAVE THE DATE—The next quarterly Wellness Coordinator Training Session will occur on October 13th at the Local Government Center. Presentations will discuss stress in the workplace, nutrition, walkability assessments, upcoming events and campaigns and recognize a wellness coordinator of the quarter.

Agency Wellness Spotlight—The Department of Administrative Services held a summer fun photo contest among employees. Take a look at the winners!



1st Place—Funniest (Conor O'Mahony, son of Mike O'Mahony)



1st Place—Most Adventurous (Monica Ciolfi)

Agency Flu Clinics—Flu clinics have been scheduled around the State. Look for an announcement from HR about a clinic scheduled in your agency



Worksite Wellness Resources

Anthem

Healthy Holidays: Embracing the Holidays with Peace and Joy

Life is busy enough, but for most of us the holiday season can be a source of additional stress. Much of our holiday stress is self-induced. Our desire to have the best holidays possible can be overwhelming. We tend to spend a great deal of time and effort engaging in various activities trying to make the time period extra special. Instead of enjoying the holiday season, we spend that time stressed and worried about how to make our holidays perfect.

One of the chief causes of holiday stress is that gnawing feeling that the things we must do are going to outstrip available time. If you tend to feel more frazzled than festive, taking the time to learn and use a few time management and stress-reducing exercises can make a huge difference. You will feel more in control, rather than feeling like you are being driven like one of Santa's reindeer! This holiday season, take the time to remember what "Merry Christmas" and "Happy Holidays" really mean.

To schedule this workshop, have your agency Human Resource or Wellness Coordinator contact Lisa Marzoli at 603-695-7559 or e-mail lisa.marzoli@anthem.com



Local Government Center

Hand Washing Demonstration—Two-thirds of all foodborne illness is transferred by the hands. Millions of people suffer from illnesses that are attributable to pathogens that can be controlled by proper hygiene. GloGerm provides awareness on germs and how easily they can spread and how proper hand washing can minimize the risk of developing illness from germs.

To schedule this demonstration, have your agency Human Resource or Wellness Coordinator contact Bill Byron at 800-852-3358 ext: 208 or e-mail wbyron@nhlgc.org

Employee Assistance Program

Beyond the Obvious: Discovering the Hidden Obstacles to Good Service

The object of this workshop is to raise consciousness about the hidden ways that prevent us from providing good service to each other and our clients. This is an experiential workshop designed to provide an opportunity to participate in activities that will help individuals understand and address their expectations and those of others in the workplace. The goal of the workshop is to explore how personal interactions with team members and clients are influenced by:

- Expectations
- Stress responses
- Communication

To schedule this workshop, have your agency Human Resource or Wellness Coordinator contact EAP at 603-271-4336

You can review Anthem and Local Government Center wellness workshop powerpoint presentations at Admin.state.nh.us/wellness.



Mental Illness Awareness Week, Oct 2-8

National Alliance on Mental Illness - Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan. The good news about mental illness is that recovery is possible.

Helping Children Lead Healthy Lives

On the first Monday of October, maternal and child health professionals across America remind us that nothing is more important than the health of our children. On the 83rd annual celebration of Child Health Day, the State Wellness Program reminds you of maternal and child health programs that help children lead healthy lives everyday:

- **Future Moms (Anthem)** - Pregnancy is an exciting time! And we know your goal is to have a safe delivery and a healthy baby. Future Moms is a voluntary program to help you take care of your baby before you deliver. By registering for Future Moms, you'll receive numerous resources including a 24/7 toll-free access to a nurse coach who'll discuss any pregnancy-related issues with you and answer your questions. Call 866-347-8360 to get started today! Future Moms is included with your health plan.
- **24/7 NurseLine (Anthem)** - If you've ever been up at 3 a.m. with a sick child or an illness of your own, then you know that round-the-clock access to health information can be vital to your peace of mind and your physical well-being. That's why the 24/7 NurseLine has Nurse Coaches available to speak with you about your general health issues. The 24/7 NurseLine is included with your health plan and can be reached at (800)-544-1901.
- **Maternal & Child Health (NH DHHS)** - The Maternal and Child Health (MCH) Section at Health and Human Services supports a broad array of programs in order to improve the availability and access to high quality preventive and primary health care for all children and to reproductive health care for all women and their partners regardless of their ability to pay. It is MCH's goal that every child in New Hampshire have the opportunity to grow up healthy. Visit dhhs.nh.gov/dphs/bchs/mch/index.htm or call (800) 852-3345, ext. 4517 for more information.
- **Healthy Eating Active Living (NH HEAL)** - HEAL aims to foster implementation of healthy eating and active living interventions through a statewide infrastructure at the local community level across five sectors—schools, worksites, health care settings, food outlets, and cities/towns. Visit healnh.org for more information and a calendar of events or activities.

For the fourth year in a row, the Annie E. Casey



Foundation's Kids Count survey has named New Hampshire the best state to raise a child in 2011

This report can be found at www.aecf.org



Wellness Program Update

Wellness Walktober Initiative—The Wellness Program in partnership with Anthem wants to challenge you to Walk NH between October 1st and November 13th! Nationally, the month of October is recognized in the wellness community as “Walktober”, so why not have fun with some healthy competition of our own. Visit http://admin.state.nh.us/wellness/Wellness_WalkRoutes.html and review the “Walktober Participant Guide” to find out how to participate, then use the “WalkingWorks Program” for information necessary to create personal walking goals, track your miles and the benefits of walking every day.

New Health and Wellness Widget on the Wellness Website—If you have visited the State wellness website recently, you may have noticed the new dialogue window located on the left side of each page. This new Widget supplies updated weekly information from the U.S. Centers for Disease Control and Prevention regarding five-minute health and safety tips. Feel free to click on the window for more information on that week’s health and safety tip. To check out this new Widget, visit admin.state.nh.us/wellness/.

According to the Mayo Foundation for Medical Education and Research, when done briskly on a regular basis, walking can:

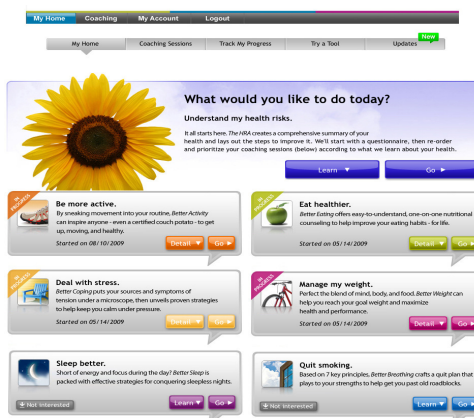
- Decrease your risk for a heart attack
- Help control your weight
- Decrease your chance of developing type 2 diabetes
- Promote your overall sense of well-being



State Health Benefit Program Spotlight

100% Coverage of Preventive Care—The New Hampshire State Employee Health Benefit Program covers 100% of the cost of preventive care including immunization, health screenings, routine physical exam, well baby and OB/GYN care. It is important to get an annual well-person exam (physical) each year, even if you feel healthy. At this exam you may receive immunizations, counseling on health and wellness issues (nutrition, physical activity, injury prevention, misuse of drugs and alcohol, tobacco cessation, second hand smoke, sexual behavior, dental health, mental health), blood pressure, cholesterol, blood glucose and other age/ gender appropriate screenings.

Health Assessment Tool, Better Health Digital Health Coaching—5,772 State Health Benefit Program members have completed their Health Assessment Tool (HAT)! Active state employee health benefit subscribers that complete the Better Health HAT will receive a \$200 Health Reimbursement Arrangement (HRA) for calendar/ benefit year 2011. The new Better Health HAT delivers health coaching and resources dedicated to improving or maintaining optimal health. This set of interactive, selfpaced online programs provide personalized guidance. Further details on how to take the HAT and information regarding the HRA can be found by visiting http://admin.state.nh.us/hr/flexible_spending.html.





Besides possibly reducing breast cancer risk, lifestyle improvements represent smart steps for a healthier life, since they can help prevent heart disease, diabetes, and many other chronic, life-threatening conditions.

National Breast Cancer Awareness

Continued from front page...

The most common risk factors:

Age. The risk of breast cancer increases as a woman grows older. The risk is especially high for women age 60 and older. Breast cancer is uncommon in women younger than age 35, although it does occur.

Personal History. Women who have had breast cancer and women with a history of breast disease (not cancer, but a condition that may predispose them to cancer) may develop it again.

Family History. The risk of developing breast cancer increases for a woman whose mother, sister, daughter, or two or more close relatives have had the disease. It is important to know how old they were at the time they were diagnosed.

The Breast Cancer Genes. Some individuals, both women and men, may be born with an "alteration" (or change) in one of two genes that are important for regulating breast cell growth. Individuals who inherit an alteration in the BRCA1 or BRCA2 gene are at an "inherited" higher risk for breast cancer. They also may pass this alteration on to their children. It is very rare. Scientists estimate that only about 5-10 percent of all breast cancers are due to genetic changes. One out of two women with these changes is likely to develop breast cancer. Women with a family history of breast cancer are encouraged to speak to a genetic counselor to determine the pros and cons of genetic testing.

Other risk factors - and lifestyle choices to live by

Common to all women are daily lifestyle decisions that may affect breast cancer risk. These day-to-day choices involve factors such as poor diet, insufficient physical activity, alcohol use, and smoking.

Decrease your daily fat intake - especially saturated or hydrogenated fats.

Eat leaner meats and limit red meat.

Increase fiber in your diet. Fiber is found in whole grains, vegetables, and fruits.

Eat fresh fruits and vegetables. In addition to their fiber content, fruits and vegetables have antioxidant properties and micronutrients that may help prevent some cancers.

Limit alcohol. Evidence suggests that a small increase in risk exists for women who average two or more drinks per day (beer, wine, and distilled liquor).

Stay active. The U.S. Surgeon General has recently reported that you can help prevent many health problems by engaging in a moderate amount of physical activity (such as taking a brisk, 30-minute walk) on most days of the week.

Don't smoke. Although smoking doesn't cause breast cancer, it can increase the chance of blood clots, heart disease, and other cancers that may spread to the breast.

For additional information on risk factors, refer to the American Cancer Society's at www.cancer.org.